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**THE CLAIMS**

Please amend the claims as follows:

1. (Currently Amended) A sock, especially for use in athletic activities, and to be worn in a shoe having at least one pad therein, said one pad being on the tongue of the shoe, said sock having padding in some areas, said sock having a foot portion and a shaft portion, the foot portion having a toe area (11), a heel area (12) and a tread area (13) between the toe area and the heel area, and pads on the sock, characterized in that the arrangement of pads (2) in on the sock (1) is coordinated with the arrangement of the pad in the shoe (3), the pads (2) comprise absorption pads (21, 22), with a web (23) there between, the pads (2) being disposed adjacent the tongue of the shoe on opposite sides of the pad of the shoe, whereby the pad of the shoe (3) cooperates with the web (23) and provides a continuous uniformly padded surface which avoids double padding.
2. (Currently Amended) A sock according to Claim 1, characterized in that there are the pads (2) in the area of the instep are formed by absorption pads (21, 22) between which a web (23) is provided.
3. (Previously Presented) A sock according to Claim 2, characterized in that the absorption pads (21, 22) protrude beyond the web (23).
4. (Currently Amended) A sock according to Claim 15, characterized in that there are the pads (2) in the area of the heel are formed by the spacer pads (26, 27) with a web (28) being provided between them.

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5. (Previously Presented) A sock according to Claim 4, characterized in that the spacer pads (26, 27) protrude beyond the web (28).

6. (Previously Presented) A sock according to Claim 4, characterized in that the web (28) is made of a climate regulating woven fabric.

7. (Previously Presented) A sock according to Claim 5, characterized in that the web (28) is made of a climate regulating woven fabric.

8. (Previously Presented) A sock according to Claim 1, characterized in that the pads (2) are made of hollow chamber fibers covered with spun wool or cotton.

9. (Previously Presented) A sock according to Claim 3, characterized in that the pads (2) are made of hollow chamber fibers covered with spun wool or cotton.

10. (Previously Presented) A sock according to Claim 5, characterized in that the pads (2) are made of hollow chamber fibers covered with spun wool or cotton.

11. (Previously Presented) A sock according to Claim 1, characterized in that the pads (2) are designed as a ring-shaped pad (24) enclosing a surface (25) in the area of the ankle.

12. (Cancelled).

13. (Previously Presented) A sock according to of Claim 1, characterized in that the sock has an air channel (15).

14. (Previously Presented) A sock according to Claim 17, characterized in that the absorption pads (21, 22) protrude beyond the web (23).

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15. (Previously Presented) A sock according to Claim 16, characterized in that the spacer pads (26, 27) protrude beyond the web (28).

16. (Currently Amended) A sock, especially for use in athletic activities, and to be worn in a shoe having at least one pad therein, said one pad being in the heel area of the shoe, said sock having padding in some areas, said sock having a foot portion and a shaft portion, the foot portion having a toe area (11), a heel area (12) and a tread area (13) between the toe area and the heel area of the sock, and pads on the sock, characterized in that the arrangement of pads (2) in on the sock (1) is coordinated with the arrangement of the pad in the heel area of the shoe (3), the pads (2) comprise spacer pads (26, 27), with a web (28) there between, the spacer pads (26, 27) being disposed adjacent the pad of the shoe and on opposite sides of the pad of the shoe, whereby the pad of the shoe (3) cooperates with the web (28) to avoid double padding and provide a continuous uniformly padded surface for providing a uniform load distribution when the sock is worn.

17. (Currently Amended) A sock as in Claim 16, wherein, the pads (2) also comprise absorption pads (21, 22), with a web (23) there between, and the shoe (3) has pads, at least one of which a pad on the tongue of the shoe and cooperates with the web (23) and provides a continuous uniformly padded surface across the surfaces of the pad on the tongue of the shoe and the absorption pads (21, 22).

Please add the following claims:

18. (New) A sock as in claim 1 wherein the web (23) has little or no padding.

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19. (New) A sock as in claim 16 wherein the web (28) has little or no padding.

20. (New) A sock for use in athletic activities, and to be worn in a shoe having at least one pad therein, said sock having a foot portion and a shaft portion, the foot portion having a toe area (11), a heel area (12) and a tread area (13) between the toe area and the heel area, and pads on the sock, characterized in that the arrangement of pads (2) on the sock (1) is coordinated with the arrangement of the pad in the shoe (3), the pads (2) comprise a pair of pads with an area there between having little or no padding, the pads (2) being disposed adjacent and on opposite sides of the pad of the shoe, with the pad of the shoe disposed in the area having little or no padding between the pair of pads, whereby the pad of the shoe (3) cooperates with the area between the pair of pads on the sock and provides a continuous uniformly padded surface, which avoids double padding.